REGINA metro®

NEWS WORTH SHARING.

She's shooting for the top

Young woman from small-town Sask. is a semifinalist in the international Extreme Huntress competition PAGE 3

Where is Rob Ford?

Toronto mayor's lawyer insists his client is in rehab, despite reports he turned around after landing in Chicago PAGE 4

HERE COMES THE BOOM!

IN DAY 1 OF OUR 3-PART SERIES, METRO EXPLORES THE NEW FRONTIER OF FRACKING — BRITISH COLUMBIA PAGES 6 & 7

Students, parents demand a safer Trans-Canada Highway near Regina

Stuart Hall, front, rallies at the legislature on Tuesday to push for Trans-Canada Highway safety upgrades along with, from left at rear, Jensen Wilson, Randael Quiring and Bailey Willson. ROSS ROMANIUK/METRO

680 collisions between 2005-13. Traffic signals, lower speed limit among requested changes east of city

Students and other residents in a community east of Regina are calling for traffic signals on a stretch of the Trans-Canada Highway they say is dangerous.

The Greenall High School Community Council held a rally at the Saskatchewan legislature on Tuesday to urge the province to put traffic lights between Regina and Balgonie and to lower speed limits. The group says residents in Balgonie, where the school is located, and in three other towns along the route have no safe ways to get onto or off the Trans-Canada without crossing multiple lanes of traffic going 110 kilometres an hour or faster.

There were 680 collisions along that stretch between 2005 and 2013, leaving 240 people hurt and eight dead.

Susan Fedyck, whose nephew Lane Campbell Antosh was killed on the highway stretch last August, wants changes.

"This highway is unsafe. There's too much traffic on it and we need to get something done now," said Fedyck.

"We can't bring Lane back. Our family's broken, devastated, but we can hopefully try and prevent this from happening to another family."

Preventing further tragedies

"It's too late for us ... but there's going to be more people killed on that highway if something isn't done."

Susan Fedyck, whose nephew Lane Campbell Antosh was killed on the highway stretch between Regina and Balgonie last August

The statistics don't include four students whose vehicle was broadsided by a semi-trailer last December. All four survived with mostly minor injuries, and they say it's because the truck's driver was going 80 km/h instead of the posted speed limit.

Stuart Hall survived what he describes as the "unreal" crash.

"Most people are in accidents there with smaller vehicles, like getting hit by a car, and they don't walk away," said Hall, 15.

The provincial government plans to construct overpasses in the area during the next four to five years when it builds a $1.2-billion bypass around Regina.

The community council said traffic at intersections has been heavy enough to warrant signals since 2009. It's asking why signals can't be installed immediately if they're going to be put in anyway during the bypass construction.

Fedyck said overpasses are a great idea, though she's concerned about the wait for them.

THE CANADIAN PRESS

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Standards needed?

Overworked staff contributed to deaths, argues child advocate

Saskatchewan's children's advocate says high caseloads for protection workers and poor communication between Health and Social Services staff contributed to two child deaths.

"This is coming from the workers that assessments are not done because there wasn't time, that we weren't able to communicate because we just didn't have time," Bob Pringle said Tuesday after releasing his annual report.

The children's advocate says some workers have more than 40 cases.

This has been a persistent problem: Pringle's report notes the issue was first identified in a 1998 review and again in a 2010 submission to the Saskatchewan Child Welfare Review, which recommended the province establish caseload standards.

Pringle's report details the deaths of two girls, seven and 16 months old, who were born to mothers struggling with addictions, violence and mental illness.

Social Services Minister June Draude says caseloads are going down, but it can be tough to set a standard because cases can be complex.

"We know that children have different needs, and when you take into consideration the geography in our province, it's really difficult to say there should be just this many caseloads per worker," said Draude.

Draude says 80 per cent of child protection workers have between 15 and 20 cases. THE CANADIAN PRESS

Danielle Bergen, 20, hails from Drake, Sask., and is a semifinalist in this year's international Extreme Huntress competition. Inset: Danielle favours a bow and arrow for her hunting needs. COURTESY SHAUNTI BERGEN

Sask. shooter aims to be ultimate Huntress

Contest semifinalist. Twenty-year-old hopes to spread love of the hunt, great outdoors

JACOB MORGAN
Metro in Saskatoon

Danielle Bergen might be the coolest young woman with a bow and arrow since Katniss Everdeen.

And she has the chance to participate in her own Hunger Games if she gets enough votes in the international Extreme Huntress competition.

"I want archery for women and young girls to explode," says the 20-year-old from the small town of Drake, about 150 kilometres southeast of Saskatoon.

But don't be fooled by Bergen's ability to down a black bear with a single shot; her motivations come from a humbler place than the sexy Hollywood franchise.

"I want them to fall in love with it just because of my passion for being in the outdoors," she said. "I have a deep respect for the animals that God created out there."

Her father, Al, gave her that appreciation at an early age. She was four the first time he took her to the bear stand and was immediately taken with the experience.

"I mean, shucks, in Saskatchewan we have some of the most gorgeous sunsets of any place in the world," said Bergen.

Al not only introduced his daughter to the sport but also taught her how to approach everything in life with hard work and determination.

"My goal is not to disappoint my dad. I want my dad to be smiling at me when I pull that trigger," she said.

Voting for Extreme Huntress closes June 1. Those with the top six scores, which combine public input and judging, travel to Hondo, Texas, for a televised skills contest.

Add your support

Head to www.extremehuntress.com/vote to help Bergen become one of the top six finalists and compete at a skills contest in Texas.

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Hoppie heads home

Hoppie, the sea lion rescued after being found at an almond orchard a mile away from any water, heads for the surf during his release back to the wild at Chimney Rock Tuesday in Point Reyes National Seashore in California. The male California sea lion pup was treated for malnutrition and skin mites at the Marine Mammal Center in Sausalito, Calif., after being found at the Mape's Ranch in Modesto on March 31. Two other sea lions were released along with Hoppie.

ERIC RISBERG/THE ASSOCIATED PRESS

Ford didn't enter U.S. last week, reports say

Whereabouts remain a mystery. Toronto mayor's lawyer asks media to take a step back and 'let the man do his rehab'

Rob Ford did not officially enter the U.S. when he flew to Chicago last week bound for rehab, reports said Tuesday, but his lawyer insisted "100 per cent" that the Toronto mayor is getting in-patient substance-abuse treatment.

Ford's whereabouts remain a mystery, and lawyer Dennis Morris said they should stay that way.

"The media should, I don't know, put things on pause a little bit," Morris said in an interview. "Let the man do his rehab. Once he gets out we can just see how it worked."

Ford left home last week after announcing he was taking a leave of absence and suspending his re-election campaign to seek "immediate" help for alcohol abuse.

Toronto Mayor Rob Ford, seen leaving his home last Thursday, did not officially enter the U.S. when he flew to Chicago last week, reports said Tuesday, but his lawyer insisted Ford is getting treatment. FRANK GUNN/THE CANADIAN PRESS

He announced the decision hours after the Globe and Mail reported that a drug dealer had shown two of its reporters video of Ford allegedly smoking what was said to be crack, reportedly recorded days earlier in his sister's basement.

The Toronto Sun also published an audio recording of Ford at a bar making anti-gay remarks, using an ethnic slur and saying he would like to "jam" rival candidate Karen Stintz. Morris said at the time that it was not possible to know what was in the pipe seen in stills from the alleged new video.

He also said that the mayor flew to Chicago, but was not in a program in that city.

The Globe and Mail reported Tuesday that when Ford landed in Chicago he voluntarily withdrew his application to enter the country and quoted the consul general of Canada in Chicago as saying Ford "was not denied entry, per se."

Morris refused to say where Ford ended up, but said he is in a treatment facility.

"I can't comment other than saying 100 per cent," Morris said, adding that the mayor is "doing very well."

News that a video appeared to show Ford smoking crack cocaine broke nearly one year ago. When the scandal reared its head anew in November, following Ford's admission that he had smoked the drug, he said he was seeking help from a team of professionals, though did not elaborate other than to say he was exercising.

"I don't think he misled anybody at the time," Morris said Tuesday.

"But it wasn't the extensive help that he's getting now because as you saw, whatever help he received wasn't as in-patient, so now it's different."

THE CANADIAN PRESS

Trinity Western. Christian law school taking legal action in three provinces

A Christian university in B.C. that has been under scrutiny for its policies around homosexuality is taking legal action in B.C., Ontario and Nova Scotia.

Trinity Western University says it is launching lawsuits in Ontario and Nova Scotia, where the provinces' bar associations have voted not to accredit graduates of the school.

The university says it will also apply to be added to a lawsuit in B.C., where Toronto lawyer Clayton Ruby is suing the provincial government over its decision to approve the law school.

Critics have argued the school's so-called community covenant, which forbids sex outside heterosexual marriage, will lead to discrimination against gay and lesbian students.

University president Bob Kuhn says the Ontario and Nova Scotia law societies are sending the message that religious people cannot hold on to their values and participate in society.

Kuhn notes the Supreme Court of Canada ruled in the school's favour in 2001 in a similar case related to the accreditation of its teaching graduates. THE CANADIAN PRESS

Auditor general's report: 4 facts

Auditor General Michael Ferguson delivered his spring report to Parliament Tuesday. Here are the four things you need to know:

THE CANADIAN PRESS

Overcrowding still a problem in prisons

The prison system has met its immediate need for cells, but has not figured out how to deal with the long-term problem of crowding, especially since federal law-and-order legislation promises to keep more people behind bars for longer periods. The audit says there is already overcrowding in some regions as prisoners are bunked two to a cell — and the problem could get worse.

Policing in First Nations isn't measuring up

The First Nations policing system is not working as intended and some of the police services fail to meet provincial policing legislation and standards. The audit found that First Nations don't have enough say in negotiating policing agreements. The Public Safety Department doesn't know whether First Nations police facilities, such as jails, police stations and accommodations, meet fire and building codes or provincial standards.

Public pension plans need more oversight

Public-service pension plans, covering public servants, Mounties and the military, are not regularly assessed for sustainability. The audit says the Treasury Board should assume a greater role in overseeing the plans, because prolonged low interest rates, lower-than-expected returns on assets and longer life spans could end up costing taxpayers billions.

StatsCan job data not giving a clear enough picture

The country's top survey on job vacancies is too vague and doesn't provide much value to governments and other users. Statistics Canada needs to better address the needs of those outside the federal government who use its data, especially when it comes to job-vacancy data. The auditors say the agency must find better ways to deliver data on small areas and smaller populations.

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See that symbol? Use your Metro News app to scan the photo for a tour of Glenda Wagar and Pat Gerlinsky's ranch in Northern B.C., the scene of a potentially fatal sour gas leak in 2009.

On the edge of the Rocky Mountains in one of Canada's most remote corners, plains are marked by deep gorges B.C.'s Peace River country, which finds itself on the verge of a liquefied natural gas boom, a projected trillion-dollar requires fracking, a practice banned in three Canadian provinces. Over three days, Metro will look in depth

THE NEW FRONTIER

Glenda Wagar and her boyfriend Pat Gerlinsky visit with two-year-old colts and fillies on their farmland in northeastern B.C. on April 29. EMILY JACKSON/METRO IN VANCOUVER

'Sudden failure.' Horse breeder still feeling effects of uncontrollable wellsite blast in 2009

MATT KIELTYKA
Metro in Vancouver

Glenda Wagar jolted from bed at 3 a.m. as the roar of jetting gas boomed through the frigid November air.

It smelled like rotten eggs.

"There's a problem, I can't breathe," she clutched for her sleeping boyfriend.

Confused and weary, she left the safety of her home in the dead of night to investigate.

The rural landscape outside her front door was engulfed in a thick, white fog that rolled with the countryside.

"I couldn't even see the little trees across the driveway. It was just fogged right in."

The social worker and horse breeder spent the next six hours searching her property — a quarter section of farmland, and another half section of grazing land for her 60 horses in Pouce Coupe (just south of Dawson Creek in northeast B.C.) — for broken sewer lines, while frantically trying to call neighbours and emergency responders to find out what happened.

At 9 a.m., with the unrelenting blast of "jet engines" and stench still in the air, Wager finally learned the severity of her situation.

"A truck drove up the yard and was honking like crazy," she recalls.

It was a local hunter who had taken his life into his own hands to warn residents they were at risk.

"He said, 'You're in the middle of a cloud. Get out, get out, get out!"

On Nov. 22, 2009, Encana wellsite A5-7-77-14 L W6M, near Wagar's ranch, failed in sudden and spectacular fashion.

A B.C. Oil and Gas Commission investigation found that a tee section of piping developed a leak when blasted from the inside by fracture sand (used to break up shale rock formations) that should have been cleaned out after the fracking process.

"It just peeled that steel out like it was cheese," figures Pat Gerlinsky, Wagar's boyfriend.

The leak intensified for hours until 8:38 a.m., when it developed into a full-blown "sudden failure," according to the incident report.

The emergency shutoff valve closed automatically at 9:05 a.m. but was unable to stop the "uncontrollable" flow of gas because the valve was downstream from the failure point.

It wasn't until the Encana control room at Hythe, Alta., more than 60 kilometres away, received a hydrogen sulfide (also known as sour gas) alarm at 9:10 a.m. that the company's response to the incident began.

A total of 18 people were evacuated from within a 1.34-kilometre radius of the well.

Most had gotten themselves out of harm's way.

By the time the well was shut

High-pressure tactic

What the frick is fracking?

Fracking is shorthand for hydraulic fracturing, a method of extracting natural gas from unconventional sources, like shale rock formations, that were previously inaccessible through drilling methods.

The process involves drilling into the earth and injecting millions of litres of fluid — a mix of water, sand and chemicals — at a high pressure into shale rock to fracture the rock and release the gas trapped inside.

The Canadian Association of Petroleum Producers explains how it works:

• A hole, called a wellbore, is drilled vertically into the ground. Once it reaches the depth of the shale rock, up to three kilometres below the surface, the drill turns horizontally into the rock.

• Steel tubes (casing) are inserted into the wellbore and secured by cement. The casing is meant to prevent the fracking fluid from leaking and contaminating drinking water aquifers.

• Fluid is injected into the hole at a high pressure to crack the shale rock and release the natural gas into the well. The cracks extend 50 to 100 metres into the rock.

Much of the controversy lies in the potential health risks from sour gas leaks to air pollution and contamination of drinking water. A study from the Council of Canadian Academies, an independent organization of scientists and other experts, concluded there isn't enough known about the impacts of fracking to declare it safe.

There are no documented cases of groundwater contamination from the fluid used in fracking in B.C. But a 2011 investigation by the U.S. Environmental Protection Agency found fracking contaminated two wells with high concentrations of benzene, a known carcinogen, in Wyoming.

Another potential risk is sour gas, which can be found in 30 per cent of the natural gas and crude oil reserves in Western Canada, according to the Canadian Association of Petroleum Producers.

When fracking occurs in sour gas zones, the risk of gas leaks can be fatal. Sour gas contains hydrogen sulphide, which is highly toxic and can kill in seconds in high concentrations. THANDI FLETCHER/METRO IN VANCOUVER

Health risk study

- A 2010 Endocrine Disruption Exchange study determined that more than 75 per cent of chemicals used in fracking can affect the skin, eyes, and the respiratory and digestive systems.
- The non-profit group dedicated to researching health and environmental problems caused by exposure to chemicals found about 40 to 50 per cent of the chemicals could affect the nervous system, immune system, cardiovascular system and the kidneys.
- Twenty-five per cent of the chemicals are known to cause cancer.

A truck pulls out of an active wellsite in the Lochend area near Cochrane, Alta., on April 7. MATT KIELTYKA/METRO IN VANCOUVER

cut into the land by its snaking rivers, forests and swampy muskeg. Welcome to industry. It means jobs and loads of money. But getting the gas out of the ground at the state of fracking in Canada and the potential health implications

OF FRACKING

Wagar, who breeds horses, says the mares had fewer foals the year of the sour gas leak. EMILY JACKSON/METRO IN VANCOUVER

Gerlinsky and Wagar walk down the road to visit their horses. Due to Wagar's health problems, she plans to sell half the herd. EMILY JACKSON/METRO IN VANCOUVER

Striking a sour note even now

"It hasn't gotten better. ... There's always a pain there." Glenda Wagar, horse breeder

at 10:45 a.m., approximately 30,000 cubic metres of natural gas containing approximately 6,200 ppm (parts per million) of potentially lethal — though the commission classified it as "low level of toxicity" — sour gas were released into the atmosphere.

Encana, through a Community Environmental Justice Forum, paid out $250,000 in compensation to the Pouce Coupe fire department, emergency evacuation preparedness programs at Tate Creek Community Centre and Ducks Unlimited Canada wetlands projects.

"Encana took full responsibility for the failure and deeply regrets its occurrence," said Encana spokesperson Doug McIntyre in an email to Metro. "Encana implemented a number of mitigation measures including recommendations from the B.C. Oil and Gas Commission to help prevent this type of incident from happening in the future."

But having lived through the ordeal, Wagar says her health, especially her respiratory system, has been permanently damaged.

"I was coughing and my eyes were watering and I had a hard time breathing," she said.

Doctors, through X-rays and breathing tests, told Wagar her lungs are "compromised" but can't link it to the gas leak.

The dizzy spells she experiences since the leak mean Wagar can't drive for long distances and that she's been unable to continue working as a social worker.

She also can't ride horses much anymore, the love of her life since she was five years old.

Time has not restored Wagar's faith in the gas industry, especially as fracking operations in northeast B.C. expand to feed the province's liquefied natural gas dreams.

"Like I told Encana, 'You should have been finding dead people,'" she said, stone-faced.

Time also does not heal all wounds. "It hasn't gotten better. The dizziness is getting worse and the pain in my chest is the same. It hasn't gotten worse or better," she said. "There's always a pain there."

Liquefied natural gas. It's a pipeline to prosperity for B.C.'s Fort St. John

The short drive from the North Peace Regional Airport to the municipality of Fort St. John, B.C. reveals much about where the wealth of the northeast of the province lies.

It's no Vegas strip, but signs welcome you to the "Energetic" north as modern new corporate offices for Shell Canada, Talisman Energy, Canadian Natural Resources, Can-Am Geomatics B.C. and the B.C. Oil and Gas Commission line the road into "B.C.'s Energy Capital."

The region has sizeable forestry and agriculture industries, but make no mistake: Peace Country is gas country.

And gas country has been good to Fort St. John, a fast growing city of approximately 21,600 people making an median family income of $98,643.

By contrast, the median family income in Canada was $76,511 in 2010.

Creating a community

"Ten years ago, 50 per cent of our roads were gravel with open ditches. Streetlights were pretty much non-existent and sidewalks were non-existent," said Fort St. John mayor Lori Ackerman. "We have been able to get those roads redone, and paved, curbed and guttered. We've got rec facilities. The reality is we have been working very hard to create a community where young professionals are going to enjoy life."

The growth, she said, has been attributable to a natural gas industry that has taken advantage of hydraulic fracturing to extract the region's abundant supply of shale gas.

More than 9,000 wells have been drilled in the province since 2005, the vast majority of them in this corner of B.C.

Representing just two per cent of the voting population, Ackerman is quick to point out the region and the oil and gas industry ("There's very little oil. I think we say oil and gas simply because it rolls off the tongue better") have been living in relative obscurity for decades.

Fort St. John Mayor Lori Ackerman discusses the anticipated boom in natural gas extraction. EMILY JACKSON/METRO IN VANCOUVER

Spectra Energy's McMahon gas processing plant in Taylor, B.C., is seen from the Alaska Highway on April 29. MATT KIELTYKA/METRO IN VANCOUVER

Striking it rich

+$22,132

Families in the gas-powered city of Fort St. John, B.C., make $22,132 more than the national median income.

Lucrative resource

But that changed when British Columbia Premier Christy Clark pinned the province's future on liquefied natural gas (LNG) and exporting northeast B.C.'s most lucrative resource to emerging Asian markets.

The trillion-dollar industry (a combination of gas extraction in northeast B.C. and processing and export by sea in the northwest) will create 100,000 jobs and eradicate the provincial debt, Clark promises.

David Hughes, a former geologist with the Geological Survey of Canada and current president of Global Sustainability Research, forecasts up to 50,000 new wells would have to be drilled over the next 27 years to meet the 14.6 billion cubic feet per day demands of the seven LNG export applications already approved by the National Energy Board as of January.

That would increase B.C.'s gas production to nearly 50 per cent more than what all of Canada currently produces.

Potential risks

That's grabbed the attention of not just investors, industry and government, but also environmental groups, First Nations and academics worried about the potential environmental and health risks associated with widespread fracking.

A human health assessment is underway for the Ministry of Health and documents leaked to The Canadian Press in April show B.C. Environment Ministry staff is worried methane emissions from fracking "can have a significant impact on overall emissions."

All of a sudden, all eyes are on Fort St. John.

Ackerman — who has four children working in the oil and gas industry and says there's never been a cause for fear — doesn't know if the provincial government's claims are legitimate. She's too busy dealing with the real world.

The city is currently going through a boundary extension and the population is projected to nearly double — to 40,000 — in 10 years, regardless of whether LNG pans out or not.

Her city needs doctors, nurses, schools and amenities to keep up with the growth gas extraction and the proposed Site C hydroelectric dam will bring.

Unprecedented expansion

From coast to coast, there's a huge demand for skilled workers in this remote region east of the Rocky Mountains.

"There's going to be development. It's going to get more bustling," she said. "If we're going to take advantage of the opportunities in front of us, I think LNG has to be in consideration. I'm not sure where in this province — until our forestry gets back on its feet — we'd see any other revenue sources from."

As the industry gears up for unprecedented expansion, Ackerman believes it's advanced and responsible enough to do so without harming its neighbours. MATT KIELTYKA/METRO IN VANCOUVER

MORE IN OUR FRACKING SERIES

Thursday

- **The industry.** What's being done to keep people safe.

Friday

- **Cautionary tale.** Alberta ranchers warn British Columbia to heed warnings.

Online

- **Thinglink.** What is fracking?

With little military help, families form search parties to look for captured girls

Chibok girls school. A student who escaped her captors recounts the harrowing experience

The girls in the school dorm heard the sound of gunshots from a nearby town. So when armed men in uniforms burst in and promised to rescue them, at first they were relieved.

"Don't worry, we're soldiers," one 16-year-old girl recalls them saying. "Nothing is going to happen to you."

The gunmen commanded the hundreds of students at the Chibok Government Girls Secondary School to gather outside. The men were not government soldiers at all. They were members of the ruthless Islamic extremist group called Boko Haram. They kidnapped the entire group of girls and drove them away into the forest.

There were too many gunmen to count, said the girl who escaped. So, even after the students realized the men were Islamic extremists, they sat obediently in the dirt. The men set the school ablaze and herded the girl's group onto the backs of three pickup trucks.

The trucks drove through three villages, but then the car of fighters following them broke down. That's when the girl and her friend jumped out.

As they jumped, the car behind started up. The girls did not know if the fighters could see them, so they ran and hid. Later on, a man on a bicycle found them and accompanied them home. There, they were met with tears of joy.

Three weeks later, 276 girls are still missing. At least two have died of snakebite, and about 20 others are ill, according to an intermediary who is in touch with their captors.

With little confidence in the military, residents of Chibok bought fuel for motorcycles and headed into the dangerous Sambisa Forest themselves.

An old man herding cattle warned them that they were close, but that they and their daughters could be killed if they confronted the militants.

The searchers returned to Chibok and appealed to the few soldiers there to accompany them into the forest. Parents ask why they came within a couple of miles of their daughters, yet the military did not.

"What was strange was that none of the people we spoke to had seen a soldier man in the area, yet the military were saying they were in hot pursuit," said Mutah Buba, who joined the search to look for his sisters and nieces.

However, the military says it is diligently searching, with extensive aerial surveillance.

The 16-year-old who escaped keeps thinking of her friends, and wondering why she was able to get away while they are still captive. "I am really lucky and I can thank God for that," she said. "But God must help all of them." THE ASSOCIATED PRESS

People march in front of the Nigerian embassy in Washington, D.C., on Tuesday to protest the kidnapping of nearly 300 teenage girls, abducted from a school in the remote northeast of Nigeria. MANUEL BALCE CENETA/THE ASSOCIATED PRESS

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Climate change. Report says weather-related woes caused by global warming

Global warming is rapidly turning America the beautiful into America the stormy, sneezy and dangerous, according to a new federal scientific report. And those shining seas? Rising and costly, the report says.

Climate change's assorted harms "are expected to become increasingly disruptive across the nation throughout this century and beyond," the National Climate Assessment concluded Tuesday. The report emphasizes that warming and all-too-wild weather are changing daily lives, using the phrase "climate disruption" as another way of saying global warming.

Still, it's not too late to prevent the worst of climate change, says the 840-page report, which the White House is highlighting as it tries to jumpstart stalled efforts to curb heat-trapping gases.

White House science adviser John Holdren called the report, the third edition of a congressionally mandated study, "the loudest and clearest alarm bell to date signalling the need to take urgent action." Later this summer, the Obama administration plans to propose new and controversial regulations restricting gases that come from existing coal-fired power plants.

In this file photo, State Park police officer Thomas Bigham walks across a cracked lake bed in San Angelo, Texas. TONY GUTIERREZ/THE ASSOCIATED PRESS

Some fossil energy groups, conservative think tanks and Republican senators immediately assailed the report as "alarmist." Senate Republican leader Mitch McConnell of Kentucky said President Barack Obama was likely to "use the platform to renew his call for a national energy tax."

The report says "climate change threatens human health and well-being in many ways."

Flooding alone may cost $325 billion by the year 2100 in one of the worst-case scenarios, with $130 billion of that in Florida, the report says.

THE ASSOCIATED PRESS

Colorado

Pilot crashes into his former home

A pilot crashed into a home that he once owned near Denver.

Pilot Brian Veatch confirmed to KMGH-TV that he owned the home, as indicated by property records, but said he didn't realize that's where he crashed until someone else pointed it out. He now lives about a mile away.

The plane was towing a banner for an insurance company and was supposed to fly over a Colorado Rockies baseball game when it crashed. THE ASSOCIATED PRESS

Cape St. George

A whale of a sale

People living in Cape St. George, N.L., aren't sure what to do with a dead whale that's settled along their shoreline.

But Mayor Peter Fenwick says letting the 12-metre sperm whale simply rot is out of the question.

Fenwick tried to sell the carcass on eBay, but the ad was taken down for violating a policy on animals and wildlife products.

THE CANADIAN PRESS

WestJet Airlines, Air Canada rivalry reaches new heights

Increased competition.
Calgary airline could give Canada's largest carrier a run for its money if its 'value-based' global service gets off ground

Clive Beddoe, chairman and co-founder of WestJet Airlines, speaks at the company's annual general meeting of shareholders in Toronto on Tuesday. DARREN CALABRESE/THE CANADIAN PRESS

WestJet Airlines says it could take its rivalry with Air Canada overseas by launching an international service using large wide-body aircraft.

The Calgary-based airline said Tuesday the new service could be in place in one-and-a-half to three-and-a-half years, if its board gives the green light. WestJet has been discussing the move with its pilots and also meeting with potential airplane lessors and manufacturers.

"So no decision made yet, but we're getting all the pieces in place to be able to make a good decision," president and CEO Gregg Saretsky said during a conference call to discuss its first-quarter results, which saw a lower profit.

WestJet is already getting into the European market by launching service next month to Dublin from St. John's, N.L., using its narrow-body Boeing 737 aircraft. It said demand is so strong the seasonal service will be extended by about three weeks to Oct. 25.

"All of that gives us great confidence that there is strong demand for a value-based international product that WestJet is looking to pursue," Saretsky said before the airline's annual meeting in Toronto.

He declined to say how many large planes could be added to its fleet, or which destinations could be served.

THE CANADIAN PRESS

Going out of business.
After 35 years clothier Jacob files for bankruptcy

A man walks by a Jacob clothing store in Montreal on Tuesday.
THE CANADIAN PRESS

Women's clothing retailer Jacob Inc. has filed for bankruptcy and will be liquidating inventory at all 92 of its stores across Canada in the coming weeks.

The Montreal-based company has been under creditor protection since November 2010 and underwent operational restructuring. But the company says it was unable to make the business profitable or to find new financiers.

In a release issued on Tuesday, the company cited the challenging economy plus the influx of new international retailers to the Canadian marketplace among the factors leading to the company's inability to overcome its financial challenges.

"Although we did not achieve the desired result, I am proud of the passion and dedication that the Jacob team showcased over these past few years while trying to bring the company back to financial health," president and founder Joey Basmaji said in a statement.

"I would like to sincerely thank each employee and business partner that contributed to our success during these 35 wonderful years. I hope that the remaining Canadian retailers will get through these difficult economic times."

THE CANADIAN PRESS

Kids these days

The 'nutritionally aware' generation

Subway is testing hummus and thinner slices of deli meats that look more appealing as it looks to keep pace with changing eating trends.

The test may appeal to millennials, who are more "nutritionally aware" than any other past generation, said a Subway executive.

THE ASSOCIATED PRESS

Pet food

Nestlé has a dog in this legal fight

Nestlé Purina PetCare Co. filed suit Tuesday against Blue Buffalo Co. Ltd., accusing its competitor of misleading consumers about the ingredients in its dog and cat foods.

The lawsuit accuses Blue Buffalo of false advertising, disparagement and unjust enrichment.

THE ASSOCIATED PRESS

Market Minute

DOLLAR 91.92¢ (+0.61¢)

TSX 14,612.29 (-84.74)

OIL $99.50 US (+$0.02)

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Send your waste to a better place this spring.

Let's all work together to meet our community's goal to reduce household waste from the landfill by 40 per cent by the end of 2015.

Household waste day – May 10
Bring your household waste to the City's Public Works Yard at 2425 4th Avenue on Saturday, May 10 from 9 a.m. to 4 p.m..

We will accept your household hazardous waste (such as fertilizers, aerosols and batteries), major appliances, specific electronics, rimless tires, clothes, toys, books and more.

Visit **Regina.ca** for the complete list of accepted items. We'll reuse, recycle or dispose of them in an environmentally-responsible manner.

The City is offering household waste day in partnership with Saskatchewan Scrap Tire Corporation, Salvation Army, Habitat for Humanity Re-Store and Saskatchewan Electronic Products Recycling Association.

Leaf and yard waste depots
Leaf and yard waste depots will be open Saturdays from May 3 to June 7. The City will accept leaves, plants, twigs and more. Branches from elm trees will not be accepted. Bring materials in paper bags or reusable containers. Visit **Regina.ca** for more information and depot locations.

Recycling for condos and apartments
Recycling is coming soon for all residents who live in condos and apartments and don't have recycling service. Paper, plastics #1-7, glass and tin will be accepted.

Property owners and condo associations will be required to arrange for recycling service by January 1, 2015. If you do not have recycling service yet, please follow up with your landlord or condo association to find out when your collection will begin.

Regina.ca

City of Regina | REGINA Infinite Horizons

CINCO DE MAYO, LOS BANDITOS & LIME

JUST SAYIN'

Paul Sullivan
metronews.ca

One of the funniest classic Monty Python sketches features legendary 18th century highwayman Dennis Moore accosting a stage coach and demanding that the occupants "Hand over all the lupins you've got!"

"Lupins?" asks the puzzled victim. "You mean the flower, lupin?"

"Yes, lupins. Come on, come on."

"Well, we haven't got any lupins."

It goes on. Laugh if you will, but truth is stranger than fiction.

Mexican drug cartels are muscling in on the fruit crop — limes, in particular.

Yes, limes, the little green citrus fruit. Turns out Mexico is the world's leading exporter of limes.

Drug cartels, finding it increasingly difficult to get drugs across the U.S. border, are running extortion rackets on lime growers, threatening dire consequences like burning down the farm unless the growers fork over a percentage of their crop.

The crop was already suffering the effects of a rough winter, even by Mexican standards. One cartel, the so-called Knights Templar, based in the Michoacan, the main lime-producing centre of Mexico, saw an opportunity to profit from the shortage and squeeze the farmers, and their limes, dry.

This dastardly lime crime comes at a bad time: Cinco de Mayo. Limes are an essential compañero to a full array of celebration beverages: mojitos, margaritas, and of course, the ever-popular cerveza.

Back in January, limes sold for an average $22 US per case. Since the desperadoes got involved, the price has skyrocketed to $100 US a case, and as much as $1.54 per lime (in Calgary). Airlines have removed limes from the menu, substituting lemons instead.

So far, no one has demanded that we hand over our lemons.

Really, it's only a matter of time. The cartels are already starting to move into the avocado market. Holy guacamole, Batman!

It was bad enough when these banditos were exploiting human misery and addiction, but now that they are having an impact on our very guacamole, they've gone too far. Call in the GEA (the Guacamole Enforcement Agency)!

You can imagine what's going on in Hollywood right now. Screenwriters and directors are huddling over beer and lemons, pitching concepts featuring supermodels who track down lime bandits and cross the border to recover the contraband fruit shipments and restore them to their rightful owners.

Meanwhile, in the "real" world, lime farmers have actually formed vigilante groups to fight back against the cartels. Fearing further Cinco de Mayhem, the Mexican military has moved in, demanding that the vigilante groups dissolve by El Decimo de Mayo. Talk about a Mexican standoff.

Enjoy that dip while you can, amigo, and pray the guacamole bandits don't go after our lupins.

ZOOM

Turns out it was just a reflector

Fast-changing lighting made this photograph a challenging one to capture. "With the late afternoon sun, the whole area was changing in appearance minute-by-minute," said photographer Darrell Staggs. Staggs used a glare-reducing polarizing filter "to capture the full reflection of the canyon wall, but also retain the 'shadow' reflection of the hiker." COURTESY DARRELL STAGGS

A real cliffhanger ... actually it's a fake one

This image seems to show a hiker teetering on a cliff's edge, but a closer inspection reveals that it's a pool of water acting as a perfect mirror for canyon walls.

The optical illusion picture, taken in Glen Canyon in Utah, is a winning entry in this year's Share the Experience photo contest, which celebrates America's national parks in pictures.

METRO

But what is real, anyway?

Staggs, who now specializes in optical-illusion photography, hopes that viewers will appreciate how "the contradictions in the image begin to give way to the truth of the reflection," and thus see the picture's artistic side.

"This is how a photograph can transition into 'art' — a photo to look at, and art to think about."

METRO

Photog's view

"Even though I've looked at it countless times, the picture remains an elusive illusion. It's difficult to discern what is really happening there."

Darrell Staggs, 50, chemical engineer & amateur photographer from Mooresville, Ind.

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In this issue, you can find AR enhancements on pages 6 & 7 in News, page 11 in Scene, page 13 in Life and page 16 in Sports

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3. Voilà! You should see the AR in action — like a video, slide show or mobile content experience. You can even move your phone away from the page and interact with the content directly on your device.

MetroTube

Japan comes by its eccentricity honestly

ANDREW FIFIELD
metronews.ca

If you're anything like us, you've spent a lot of time wondering how the Japanese manage to come up with an endless parade of curious, absurd, amazing, helpful and awe-inspiring ideas. Cat cafés. Love hotels. The world's most robust vending machine shopping. How do they come up with it all?

Well, as suggested by this lesson in Nakizumo — a rite-of-spring crying contest involving babies and gently antagonistic sumo wrestlers — Japanese have a centuries-old tradition of high-concept cultural development that paved the way for the wonderfully eccentric place it is today.

(Via Ronin Dave on YouTube)

GETTY IMAGES

metro

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See that symbol? It means you can scan the photo below with your Metro News app. Don't reply! Chef gets some social media advice.

Films to whet your appetite

Foodie movies. A new film starring Jon Favreau may offer some tantalizing food scenes, but it's not Hollywood's only foray into the kitchen

IN FOCUS
Richard Crouse
scene@metronews.ca

Jon Favreau (left) stars in Chef. CONTRIBUTED

Chefs are the Food Network's stock in trade. From Bobby Flay to Giada De Laurentiis, and Iron Chef to Top Chef, the delicious channel has created a cult of celebrity around the people who make our food.

A new film, Chef, takes a celebrity, actor Jon Favreau, and casts him as a restaurateur who has lost his way and desperately wants to reclaim his cooking cred.

In the film, he plays Carl Casper, a Los Angeles chef who hightails it to his Miami hometown when his fancy restaurant gets a scathing review from an online food critic (Oliver Platt).

There he buys El Jefe Cubanos, a food truck he plans on driving across the country with his son (Emjay Anthony).

High on food porn — there's even a shrimp scampi seduction scene — and Cuban sandwich recipes, Chef is a movie that may whet audience appetites for other movies about the people that make our food.

In The Big Night, Stanley Tucci plays Secondo, owner of an Italian restaurant called Paradise. The place is slowly going broke but may get a boost from a visit by singer Louis Prima.

If Prima shows up, the restaurant will have a big night and be saved from bankruptcy.

It's not only one of the greatest food movies ever made (you'll want to go for risotto afterward) but it also features what Rolling Stone's Peter Travers called "an unforgettable acting duet" between Tucci and Tony Shalhoub, who plays his temperamental chef brother, "that is as richly authentic as the food."

Ratatouille takes a different approach. An unusual cross between America's Next Top Chef and Willard, the Pixar movie does something no other film has been able to (not that a lot have tried): It makes rats cute. Lovable, even.

The story of a cooking rat is chef and TV presenter Anthony Bourdain's favourite food film. "They got the food, the reactions to food, and tiny details to food really right," said The Taste host, "down to the barely noticeable pink burns on one of the character's forearms.

New movie

"A new film, Chef, takes a celebrity, actor Jon Favreau, and casts him as a restaurateur who has lost his way..."

I really thought it captured a passionate love of food in a way that very few other films have."

Real chefs are featured in the documentary Spinning Plates. Weaving together three stories from a trio of very different restaurateurs, the film shows the personal and professional side of the food biz as well as the connection to the community that's so important for success.

It cuts through the Food Network's simplistic food-family-and-feelings approach with a tagline that sums up its philosophy: "It's not what you cook. It's why."

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Ansel plays Shailene's bro in one film, lover in another

MELINDA TAUB
Metro World News

Usually, movie stars gush to the press that they can't believe how amazing their co-stars were. But Shailene Woodley, star of The Fault in Our Stars, is going around telling the press that she can't believe Ansel Elgort was cast at all.

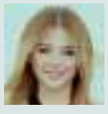
It's not as mean as it sounds. She's actually a big fan of his. Woodley, who plays a terminally ill teen in The Fault in Our Stars, also starred in the recent dystopian thriller Divergent. In that film, Elgort played her brother, so Woodley was certain that their onscreen siblinghood would keep him from playing her love interest in TFiOS: the dreamy Augustus Waters.

"I actually didn't think at first that he would get it, or that even if he was good that he wouldn't get it, because of our relationship in Divergent," Woodley told E! Online.

It is unusual to see that kind of incestuous casting in back-to-back films, but Woodley says Elgort's just that good. "Everybody in the room was sort of like, 'Wow,'" she said.

But it's going to make the next Divergent movie a little weird to watch. I'll keep expecting Tris to make out with her brother.

Twitter



@ChloeGMoretz
btw, i was 100% the shortest girl at the #MetGala

@EmmaBunton
It's my gorgeous little boys 3rd birthday, time is going too fast!

@justinbieber
Smiling everyday.

Megan Fox ALL PHOTOS GETTY IMAGES

Pregnant Megan Fox was 'constantly on the verge of vomiting' on TMNT set

Megan Fox admits that both her pregnancies with husband Brian Austin Green were complete surprises.

"We can't let Brian near me anymore," she joked to Ellen DeGeneres during an interview. Joking aside, a pregnancy coming out of nowhere can be a bit stressful, especially if you're just starting production on Teenage Mutant Ninja Turtles, as Fox was. "It's an action movie and requires a lot of running and jumping and stunts. Anyone that's been pregnant knows your first trimester can be pretty rough and you're nauseous all day long," she says. "We kept pickles in the refrigerator for me (on set), and I was constantly on the verge of vomiting."

Gwyneth Paltrow

And it was all mellow: Chris and Gwyneth continue to pal around

For a husband and wife who are "consciously uncoupling," Gwyneth Paltrow and Chris Martin seem pretty cool about hanging out together, according to People magazine. Last month, they joined forces for son Moses' 8th birthday — and now they've been seen together again during a group dinner at Il Ristorante de Giorgio Baldi in Santa Monica, Calif., where sources spotted them smiling and laughing.

See that symbol? It means you can scan the photo below with your Metro News app for more images from the Okanagan Valley

Deserts and mountains and vineyards, oh my!

The Okanagan Valley. Want to forget this brutal winter? This spring, take a trip through some of the nicest wine country in Canada

DOUGLAS PATON
life@metronews.ca

These views will have you Kelowna-fornia dreaming. CONTRIBUTED/TOURISM BC

There's something almost surreal about the view.

The snow-frosted mountain contrast starkly with the 20-plus-degree temperatures, blue skies and the cherry blossoms that surround you on the valley floor. But, from your vantage point, sitting on a winery patio with a glass of wine, and enjoying the weather in short sleeves and flip-flops, it's just what you need to shake off the winter blues from a season that felt like it was ushering in a new ice age.

Nestled between the Monashee Mountain range to the east and the Cascade Mountains to the west, British Columbia's Okanagan Valley is one of those places that makes Canada a truly unique country.

With summertime temperatures that push into the 40s, without even a hint of humidity, and winters that usually only drop below zero long enough to harvest icewine grapes, the Okanagan has become one of the best wine producing regions in Canada.

For those looking to spend a long weekend jump-starting the summer, and who want a chance to experience what the wineries of the Okanagan Valley have to offer, there is no better time to visit than during the Spring Wine Festival, which runs until May 11.

For many of the wineries in the Okanagan, the festival, currently in its 20th year, is the perfect way to usher in the first crop of tourists for the year and to show off their new vintages. Many wineries host wonderful events ranging from food and wine pairings to grand soirées and it's possible to plan an entire weekend around those events.

For those who want a more self-guided tour, perhaps the single hardest decision you'll make all weekend is where to start. After all, there are over 200 award-winning wineries in the Okanagan, and you do only have three days.

Perhaps the best piece of advice I can offer is to find a central location and work from there. You're never really more than a hour's drive away from any one part of the Okanagan Valley, but the more centrally located you are, the less driving you have to do and the more wine you can enjoy.

Located approximately 60 kilometres to the south of the Kelowna airport, the town of Summerland offers up the perfect central location and the 14 wineries of the Summerland's Bottleneck Drive provide a fantastic sampling of what you can expect from the Valley, everything from award-winning sparkling wines to small-batch wines that sell out almost as soon as they're offered up for sale.

Like many places in the Okanagan, Summerland is not only about the wine. The Kettle Valley Steam Railway offers a scenic tour through vineyards, orchards and gulches and, for the hikers, you can't beat the view from the top of Giant's Head Mountain, almost smack dab in the middle of town.

Heading south from Summerland takes you past the wine country B.C. VQA Wine Information Centre in Penticton — which sells wine from many B.C. wineries and can help you plan out your route — through Oliver's Golden Mile and down into Canada's only desert region. The heat from the Northern tip of the Sonoran Desert helps the winemakers from the Oliver-Osoyoos Winery Association grow bold red wines.

Like all good things, every visit to the Okanagan must come to an end and, if you're like most people, you'll probably find yourself thinking, "I really wish I'd bought just one more bottle of wine to share with my friends back home." Rest assured, the Kelowna Airport has you covered with the only wine shop located beyond security in Canada. And, yes, you can take any wine you buy at the airport wine shop on the plane with you.

If you go...

- **The Spring Wine Festival.** Runs May 1-11 thewinefestivals.com.
- **Summerland's Bottleneck Drive.** bottleneckdrive.com.
- **Kettle Valley Steam Railway.** kettlevalleyrail.org.
- **BC VQA Wine Information Centre.** pentictonwineinfo.com.
- **Oliver-Osoyoos Winery Association.** oliverosoyoos.com.

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Bucket List

Sailing on the Bosphorus

All the great waterways of the world have their enclaves of amazing homes. But when it comes to the wooden Ottoman waterfront mansions that line the infamous Bosphorus Strait, separating the European and Asian sides of Istanbul, Turkey, you're in for some prime sail-by gawking. These "yali" are generally secondary "beach" houses, built between the late 1690s and the early 1900s by wealthy families of the region. On the rare occasion when one goes on the market, the ticket price ranges an astronomical $85 million to $200 million, with the reasoning being, according to a tour guide, that "there are many houses to buy in this world, but only one Bosphorus."

DOUG WALLACE/METRO

Live like a local when you're abroad

Authentic travel. Want to get a true taste of local culture? Here are some tips for stepping off the tourist track

ON THE MOVE
Loren Christie
life@metronews.ca

Having an experience that feels authentic to the destination is often a highlight of any holiday. But how does a tourist find those secret spots and have interactions that make them feel less like an outsider?

Book alternative accommodation. Instead of a hotel, stay somewhere that's off the tourist track, consider a bed and breakfast, check into a university residence (during the summer months) or rent a house in a residential neighbourhood.

You will be more exposed to the rhythms of everyday life taking out the garbage, chatting with the neighbours or shopping at the local grocery store.

Avoid the usual suspects. Ask a shopkeeper, waiter or stranger on the street where their favourite neighbourhood haunt is, whether it's a café, bar or restaurant.

Clarify that you are willing to travel and not necessarily looking for something close by. Don't ask the hotel concierge as they are often trained to send you to places designed to serve tourists.

Pick up a local entertainment paper and search the current listings for exhibits, clubs or concerts.

Do something on vacation that you would normally reserve for home. Go ahead and cheat on your stylist and get a haircut at that 1950s era barbershop on the corner, work out at the local gym or go to a church service. Watching people worship is an intimate cultural experience that can give great insight into a destination. Confirm in advance that you are welcome to participate, either actively or from the sidelines.

Also ensure that you are dressed appropriately; the last thing you want to do is offend someone.

Find your tribe. If you have a hobby that you love, whether it's knitting, books or cycling, try and hook up with like-minded locals. Research your destination for clubs, enthusiasts' groups or the local hangout. It's not only a great way to see a new destination, but meeting people who share common interests increases your chances of a striking up a conversation, which could lead to other tips, advice and discoveries.

Take it online. Many the trip-sharing advice sites like TripAdvisor.com are useful in helping you find those hidden gems.

Follow the Twitter handle of the city that you're visiting for updates on local events or download one of the numerous apps that offer insider opportunities.

EatWith, for example, connects travellers interested in a home-cooked meal with a host willing to welcome them in to their private dining room.

Connect with your tribe when abroad: Find people who share your interests — like cycling. ISTOCK

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How-to

Jazz up your travel experience

1. You don't have to sleep at the fancy hotels to enjoy them. Pop by for a drink at the bar before you head out for dinner.

2. Ditto brunch (such as at Cecconi's Miami Beach, above). Or even better, high tea.

3. Triple ditto if the posh hotel has a nightclub that's on the DJ circuit.

4. Some hotels will let you hang out at their pool for the day for a small fee, especially in areas with a high density of tourists.

5. Swank hotel lobbies make for excellent people-watching — and that's free.

DOUG WALLACE/METRO

Trend

CONTRIBUTED/EDEN ROC

Canadian women travel more

Chalk another one up for the importance of "me time." A new survey from hotel-finding giant Booking.com reports that Canadian women travel solo more often than women in any other country except Australia, with whom they are tied. A whopping 76 per cent said they have headed to the airport alone before. Escaping their daily lives tops the lists of reasons respondents gave (at 62 per cent), with spa holidays, beach escapes and shopping trips voted as the preferred travel themes.

DOUG WALLACE/METRO

Deal

Aeroplan hooks up with Shop.ca

Aeroplan announced last week it has signed a deal with Shop.ca that will allow Aeroplan members to earn travel miles on purchases they make at the popular online marketplace. Perks include free shipping and returns — and for a limited time, Aeroplan members can earn 15 miles for every dollar they spend on their first purchase at Shop.ca. Keep an eye out for the regular special deals that will inevitably ensue.

DOUG WALLACE/METRO

Grilling made fancy: Pesto Salmon

Quick dinner. This dish is easy enough for a weeknight meal and sophisticated enough for a entertaining guests

DINNER EXPRESS
Emily Richards
food@metronews.ca

Looking for a fast dinner for the week that can double for a fun weekend get together?

This is the one.

Salmon is so fast and easy to grill up and enjoy during the week, but also a great meal to share with friends.

This simple but elegant supper also uses fresh in-season asparagus to showcase great colour, texture and crispness right off the grill.

With a hint of lemon, it's the perfect accent to the salmon. Steam up your favourite fragrant rice to round out your plate or better yet, change it up and serve it all over a bed of greens.

FLASH FOOD

From your fridge to your table in 30 minutes or less

Cooking tips

- Fish Options: This mixture is delicious on halibut, marlin, tuna or trout.
- Helpful Hint: The skin left on the fillets is helpful because as it crisps up, the fish stays moist and the fish doesn't fall apart.
- Tip: Look for tight firm tips of asparagus when making your selection and cook thin spears less while the thicker asparagus may need a touch more on the grill. Grill up a few extra to chop and add a handful to your salads or stir into tuna or egg salad sandwiches for added flavour and colour.

Get your grill ready and try out this inspiring recipe to get you in the mood for summer.

This recipe makes six servings. EMILY RICHARDS

Ingredients

Pesto

- 2 tbsp (30 ml) light mayonnaise
- 2 tbsp (30 ml) chopped fresh Italian parsley
- 1 tbsp (15 ml) store-bought basil or sundried tomato pesto or Dijon mustard
- Pinch freshly ground black pepper and salt
- 4 boneless salmon fillets, skin on (about 600 g total weight)

Grilled Asparagus

- 1 lb (454 g) asparagus spears
- 1 tsp (5 l)) extra-virgin olive oil
- 1/4 tsp (1 ml) black pepper
- 2 tbsp (30 ml) fresh lemon juice
- Lemon wedges

1. In small bowl, whisk together mayonnaise, parsley, pesto, pepper and salt. Spread evenly over top of salmon; set aside.

2. Grilled Asparagus: Snap tough ends of asparagus off and discard. Toss spears with oil and pepper.

3. Place fillets and asparagus on greased grill over medium-high heat. Close lid; cook 10 minutes or until fish flakes easily when tested with a fork and asparagus is tender crisp. Drizzle asparagus with lemon juice.

King of all mushrooms

This recipe makes six servings. PRESIDENT'S CHOICE

King oyster mushrooms are large and cylindrical, unlike the smaller and more commonly known oyster mushroom, which is frilly and ragged. Try this tasty stir-fry as a side.

1. Pour water to depth of 1/2-inch (1 cm) into large frying pan. Bring to a boil. Add green beans; cook for 3 to 4 minutes or until almost tender. Drain and set aside.

2. In small bowl, stir together black bean garlic sauce, chili garlic sauce, soy sauce and 1/2 cup (125 ml) water. Set aside.

3. Dry frying pan with paper towel. Add oil; heat over medium-high heat. Add mushrooms; stir-fry 1 minute. Stir in ginger; stir-fry for 30 seconds. Stir in green beans and black bean sauce mixture. Cover and cook for 1 to 2 minutes, stirring occasionally, or until mushrooms are tender and sauce is absorbed. PRESIDENT'S CHOICE

Ingredients

- 10 oz (300 g) green beans, trimmed (about 4 cups/1 l)
- 1 tbsp (15 ml) black bean garlic sauce
- 1/2 tsp (2 ml) chili garlic sauce
- 1/2 tsp (2 ml) light soy sauce
- 1 tbsp (15 ml) canola oil
- 1 pkg (200 g) PC King Oyster Mushrooms, halved lengthwise and cut in quarters crosswise
- 1 tbsp (15 ml) julienned ginger root

Habs double up Bruins in Game 3, seize 2-1 series lead

Bruins forward Patrice Bergeron loses his footing after he is hit by Canadiens defenceman Douglas Murray during Game 3 of their Eastern Conference semifinal series on Tuesday night in Montreal. P.K. Subban, Dale Weise, and Lars Eller each had a goal and an assist, with Tomas Plekanec also chipping in with a goal, as the Canadiens won 4-2. The Habs, who got 26 saves from Carey Price, now lead the series 2-1. Bergeron and Andrej Meszaros were the Bruins goal scorers. Game 4 will be played on Thursday in Montreal. For more playoff coverage, go to metronews.ca. PAUL CHIASSON/THE CANADIAN PRESS

Simon's return to Riderville cloudy

CFL. GM Taman non-committal about retaining receiver

He's the most prolific receiver in CFL history and a future member of the Canadian Football Hall of Fame, but there's no guarantee Geroy Simon will return to help the Saskatchewan Roughriders defend their Grey Cup title.

The Riders acquired the veteran slotback from the B.C. Lions in January 2013 to provide veteran leadership for a squad looking to make a successful Grey Cup run on home soil. After enduring one of the worst seasons statistically of his illustrious CFL career, Simon stood tall in the title game, registering three catches for 67 yards and two TDs in leading Saskatchewan to a 45-23 victory over the Hamilton Tiger-Cats at Mosaic Field.

In his only season with the Roughriders, Geroy Simon helped the team win a Grey Cup. GETTY IMAGES FILE

However, Brendan Taman, the Riders' general manager and vice-president of football operations, couldn't guarantee Simon's return during a CFL conference call Tuesday.

"Geroy and I have, obviously, a pretty good relationship so when we made this deal last year to acquire him we knew at the end of the first year he played for us that we'd sit down and talk about his role," Taman said. "Obviously we have a contract issue we're going to have to talk about, too, so that plan is ongoing ... those talks are progressing, you could say, one way or the other.

"He's got as good a chance of not being back as he will be back."

The six-foot 198-pound Simon, who turns 39 in September, had just 40 catches for 565 yards and three TDs last year, missing the first three regular-season games due to injury. The native of Johnstown, Pa., is the most prolific receiver in CFL history with 1,029 receptions for 16,352 yards — both all-time records — with 103 TDs over 15 seasons.

"Obviously he had a good year for us and did a good job for us," Taman said. "His status for '14 is to be determined and we're still in talks about that."

Simon earned a base salary of $170,000. Bonuses could have increased that amount to about $200,000.

THE CANADIAN PRESS

NBA

Durant wins first MVP award

Kevin Durant has plenty of scoring titles. Now, he finally has an MVP trophy to go with them.

The Oklahoma City Thunder star won the NBA's top individual honour Tuesday, grabbing 119 first-place votes. Miami's LeBron James, who had won the last two MVP awards and four of the previous five, finished second with six first-place votes and Blake Griffin of the Los Angeles Clippers was third.

Durant averaged 32 points per game this season.

THE ASSOCIATED PRESS

NHL

Laviolette hired to coach Preds

The Nashville Predators wanted experience and a proven winner as their new head coach, and general manager David Poile believes that's what they got in hiring Peter Laviolette — just the second coach in the franchise's history.

Laviolette has won nine of the 14 post-season series he has coached. He also won the Stanley Cup in 2006 with the Carolina Hurricanes and coached the Philadelphia Flyers to the Stanley Cup final in 2010. The Predators announced Tuesday they signed him to a multi-year contract.

THE ASSOCIATED PRESS

Tennis

Raonic coasts to victory in Madrid

Canada's Milos Raonic won his opening match at the Madrid Open on Tuesday, defeating Jeremy Chardy of France 6-3, 6-3.

Raonic fired 11 aces and did not commit a double-fault. THE ASSOCIATED PRESS

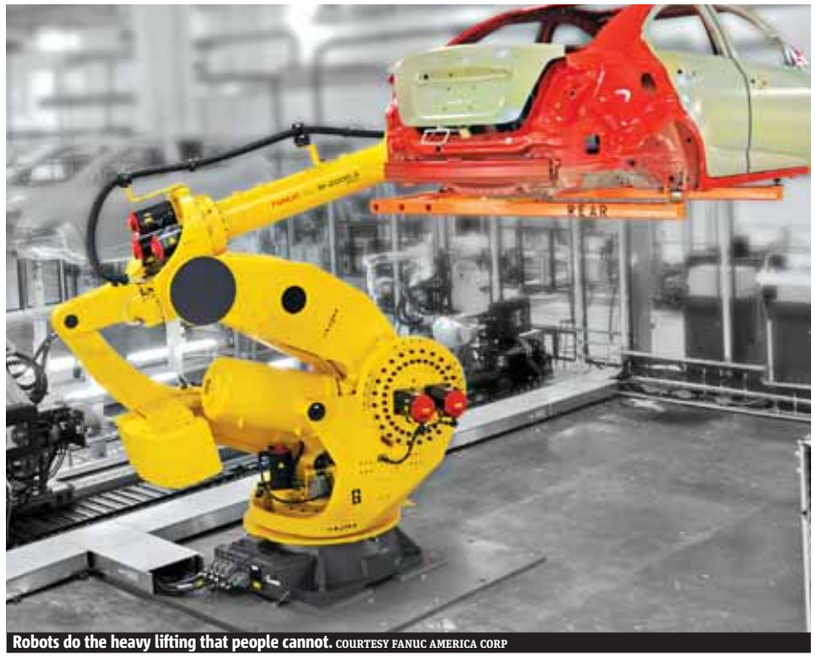
Milos Raonic plays a forehand against Jeremy Chardy on Tuesday in Madrid, Spain. CLIVE BRUNSKILL/GETTY IMAGES

Ever notice the funny faces tennis players make as they hit the ball? Scan the image with the Metro News app to see a collection from Tuesday's action.

RISE OF THE ROBOTS

In 1962, General Motors put the first robots online to perform spot welding. Today the presence of robots on factory floors has grown to the point of almost full 'lights out' automation in some factories

TODD D. BURLAGE
www.wheelbasemedia.com



Robots do the heavy lifting that people cannot. COURTESY FANUC AMERICA CORP

Neil Dueweke still remembers the day these cold and emotionless invaders quietly overran factory floors and callously changed the course of automotive history.

These tireless workers never left their post, never called in sick, never took vacation and never once gossiped or griped about long hours or no lunch break.

With more than 25 years in the robotics business, Dueweke has been on the front lines while this technological influx has steadily made car building as safe, efficient and dependable as it ever has been.

"Robotics has changed dramatically since I've been in it," said Dueweke, body structure general manager of FANUC America Corp., a leading international industrial robotics supplier. "And the business continues to change seemingly every day."

From the simplistic single-arm robots of the 1980s used for menial tasks such as spot welding, to today's modern machines that can carry entire truck bodies and handle almost any manufacturing chore, robotics are becoming more the rule than the exception in vehicle construction.

Robotics in automotive construction continues to evolve, but the science is nothing new. Since 1962 when General Motors put the first robots online to perform spot welding and die-casting, the presence of robotics on factory floors has grown to the point of almost full "lights out" automation in some factories, where cars can be built in the dark.

And while robotic-reliant plants obviously don't help the human unemployment rate, these precise machines dramatically reduce on-the-job injuries and, Dueweke believes, improve overall morale within the workplace.

And as far as job loss? "The argument about the robots taking jobs away from people is rather in the past," said Dueweke, stressing that while the assembly line workforce may be shrinking some, maintenance and other specialized job opportunities are growing.

In addition to improved worker safety and unmatched reliability, the shrinking prices and logistical advantages of a robotic-based facility are driving auto builders more and more to automated-plant construction. Popularity and mass production of robotics have helped drive down the price of these machines by about two-thirds since the boom of the automation industry 20 or 25 years ago.

Dueweke said that anywhere from 350 to 700 robots are installed during the typical construction of a "green field" plant. A standard low-end robot used for simple assembly tasks such as spot welding or tire installation costs about $20,000 US, while the most sophisticated painting or lift-and-place machines cost $100,000 US or more.

"Price is one of the key enablers," Dueweke said. "It's a lower cost right now to put up a robotized plant versus what was done 30 or 40 years ago. "

International Federation of Robotics general secretary Gudren Litzenberger agrees, saying that the installation of robotics in manufacturing plants increases by about five per cent every year.

Japan easily carries the highest international rate of robotic equipment in the auto industry with nearly 2,000 robots for every 10,000 human employees. The U.S. ranks fourth with about 1,200 robots for every 10,000 employees. And Litzenberger expects the ratio to continually close.

"The industry would not have been able to meet the increasing demand of cars without robots," she said. "Especially with more varieties of models and improved quality."

Automotive robotics are found in three areas: the body shop where the sheet metal is attached and the frame is assembled; the paint shop where the vehicles are sealed and painted; and in general assembly when the components are attached and construction is completed.

Robots in the body and paint shops have become relatively commonplace because of the precision and consistency they provide, leaving general assembly as the area for the greatest potential autonomy growth.

"I would say in another 15 years you're going to see some significant progress in general assembly in terms of automating and changing the way vehicles are final-assembled," Dueweke said. "General assembly is the Holy Grail; that's part of the next frontier for robotics in automotive."

And the perfect climate for another automated invasion.

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The new Ford F-150 will be the first production pickup truck to use LED headlights. JIL MCINTOSH

Ford F-150 serves up futuristic twist on headlights

Light-emitting diodes. New LED lights not only energy-efficient but also long-lasting

JIL MCINTOSH
drive@metronews.ca

Back when cars were first developed, they used gas lanterns, or sometimes even candles, to light their way along dark roads. Today's vehicles need bright headlights so drivers can see and be seen, but these lamps also need to be long-lasting and energy-efficient.

When Ford launches its all-new F-150 later this year, it will be the first production pickup truck to use LED headlights, one of the newest developments in headlight technology. The name is short for light-emitting diodes.

"It is creating light through electronic means," says Mahendra Dassanayake, senior technical leader for opto-electronics at Ford. "You can customize it to help with vision."

Incandescent and halogen headlights contain a filament that gets hot enough to emit light. High-intensity discharge (HID) headlights, also called xenon lights, use an electrical arc between two tungsten electrodes to heat up vapour inside the lamp, creating light.

LED lights use semiconductor chips to produce light. On Ford's lamps, the chips emit blue light, which is filtered through a phosphor material to make it appear white. A unique lens, cut with 16 optical surfaces and 80 facets, magnifies the light and spreads it evenly, so only one LED is required for each lamp.

The semiconductor chips heat up to about 50 degrees Celsius, so they're used with an integrated heat sink, a channelled holder that dissipates heat. The lens itself doesn't heat up, unlike halogen or HID headlights, which get hot. In a halogen lamp, the bulb itself gets as hot as 600 degrees Celsius, Dassanayake says.

Because the lamps stay cool, they won't melt snow that accumulates when driving in winter. Ford is working on special surface coatings that should help to reduce any buildup.

It's also important for headlamps to use as little power as possible, since the electricity is ultimately generated by the engine, and any power draw decreases fuel economy. The LED lamps are more than 50 to 60 per cent more energy-efficient than halogen lamps, and about 30 per cent more than HID headlamps. "It will improve as time goes on," Dassanayake says. "This is technology at its basic inception."

The new lamps are also more robust than other types, which is especially important in a pickup truck. Excessive vibration from off-road bumps or rough roads can shorten the lifespan of the filament in an incandescent or halogen bulb, but isn't an issue in an LED lamp, which doesn't use a filament. "I think LED is going to be the future of lighting," Dassanayake says.

All about LEDs

- LED headlamps are relatively expensive, but they're expected to last more than five times longer than halogen headlamps.
- LED lights are already used extensively in vehicles, including in taillights and interior lighting.
- The F-150's headlamps also include a thin LED tube that outlines the lamp for a unique signature appearance.

Quoted

"I think LED is going to be the future of lighting."

Mahendra Dassanayake, senior technical leader for opto-electrics at Ford

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Horoscopes

♈ Aries
March 21 - April 20
Keep your eyes and ears open today because if you don't you may miss out on an opportunity to have fun. With Mercury moving strongly in your favour, your mind will be sharp and strong, giving you a major advantage over your rivals.

♉ Taurus
April 21 - May 21
You must be positive today. Both in your personal life and at work there is a lot at stake and you need to know what you want — and have the courage to reach out and take it.

♊ Gemini
May 22 - June 21
Start believing that you have what it takes to make a difference. Now that Mercury, your ruler, is moving into your sign, the doubts of the past few weeks will be swept away.

♋ Cancer
June 22 - July 23
The things you fear the most are the things from which you have least to fear. Seep that into your subconscious. The planets indicate nothing out there in the world can hurt you.

♌ Leo
July 24 - Aug. 23
The message of the stars is you must allow friends and family members to make more decisions for themselves. Over the past few weeks you have insisted on taking the lead. It's time to give others a chance.

♍ Virgo
Aug. 24 - Sept. 23
You won't lack for opportunities today but don't just throw yourself at the first one that comes along. Identify what it is you most want to accomplish and wait for the right offer.

♎ Libra
Sept. 24 - Oct. 23
You may have been too fixed in your opinions of late but with mind planet Mercury moving in your favour, you will get the chance to review your beliefs and adjust them to fit reality.

♏ Scorpio
Oct. 24 - Nov. 22
Over the next two or three days you will find it easier to come to grips with a financial matter that has been keeping you awake at night. Once you find the real problem, you will also find the courage to deal with it.

♐ Sagittarius
Nov. 23 - Dec. 21
Others don't have to lose out just so that you can win. Your task today is to find creative ways in which to further your own ambitions while helping others get what they need.

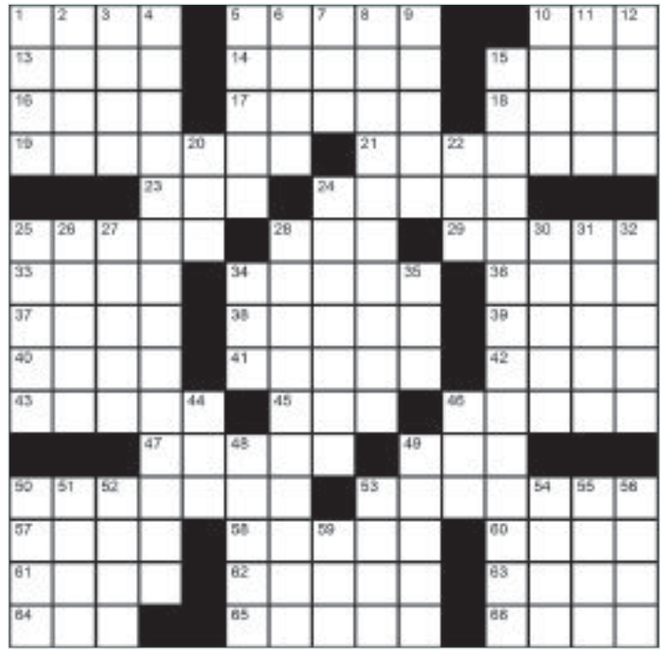
♑ Capricorn
Dec. 22 - Jan. 20
You have changed so often in recent weeks that you may no longer be sure which way is up, but that's OK. On the work front at least you will know without a doubt what needs to be done next. So do it.

♒ Aquarius
Jan. 21 - Feb. 19
Now that Mercury, planet of the mind, is moving into your fellow Air sign of Gemini the mental turmoil of the past few weeks will fade away. You can make things easier for yourself by not worrying so much.

♓ Pisces
Feb. 20 - March 20
You may have to give up something that means a lot to you but you won't mind too much. You will be happier still if people just leave you alone for a while. SALLY BROMPTON

Crossword: Canada Across and Down

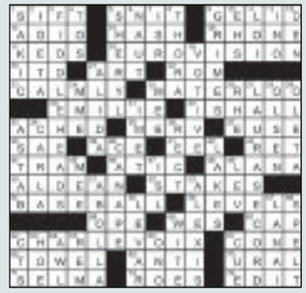
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. ___ (Answer to "Where's Vancouver?")
5. Popular cartoon-like icon in digital communication
10. Dijon's country, to the IOC
13. "That hurts!"
14. Fruit type
15. Vancouver band, __ The Whale
16. Insect nests
17. Gradual loudness increase in music, for short
18. Purplish
19. Toronto: Yonge Street splits this Avenue into East and West
21. "The Newlywed Game" host Bob
23. "Yuck!"
24. Tune line
25. "__ __ Replay" by Rihanna
28. "Hee __"
29. "Disaster __" on HGTV Canada
33. Over-fed = ___ lot
34. Actress Debi
36. Clark Gable film setting
37. Seeded
38. Hawaiian Crow
39. 'Gen' finisher (Basic)
40. Baby branch
41. 'The King', in Spanish: 2 wds.
42. Lounge around
43. Building extension
45. 'Vigor' suffix
46. Quebec, 'La __ Province'
47. Norwegian kings
49. Zoologist's foot
50. "When I'm with You" Canadian band
53. Receive warmly
57. Ping-__
58. Western flick
60. Ancient author
61. House's gutter locale
62. Arctic boat
63. Peel
64. Sarcastic
65. Onion kins
66. Dash

Down
1. Particles
2. Night: French
3. Alphabet sequence
4. Coast Salish actor (b.1899 - d.1981) from North Vancouver who co-starred with Clint Eastwood in #8-Down: 3 wds.
5. Host an event
6. Seas: French
7. Flamenco exclamation!
8. "The Outlaw __ __" (1976)
9. Obtain
10. Human/goat forest deity
11. Canadian star Mr. Moranis
12. Tangy quaffs
15. NASA's Kepler: 2 wds.
20. Whopper
22. Tender
24. Statue of Liberty poet, Emma __ (b.1849 - d.1887)
25. Macaroni
26. "Liquid Dreams" TV-created band
27. ___ stock (Recently-arrived goods)
28. Toronto attraction, Hockey __ __ __
30. Festive song
31. Canadian singer/pianist Diana
32. Room: French
34. Ms. West
35. Jamie Foxx movie
44. Gladiator's 41
46. "The Fresh Prince of __-Air"
48. Run __ of (Conflict)
49. Benefits
50. Disgorge
51. Rime
52. Greenly admire
53. Tired
54. Shape sort
55. Ms. Sorvino
56. Paradise
59. Affiliation

Yesterday's Crossword



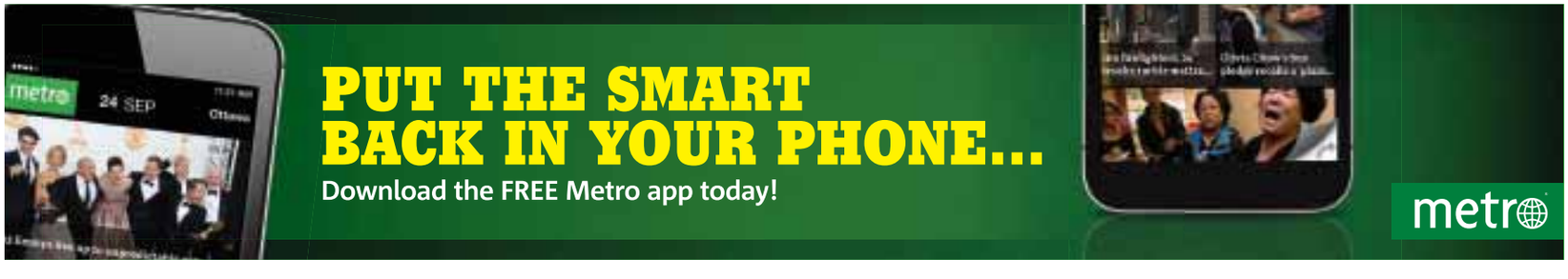
Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	1	6	3			8		
	9			4		2		
	4		7		6			
			4				7	
3			5		7			6
	5				8			
			2		9		8	
		5		3			9	
		4			5	7	1	

Yesterday's Sudoku

2	4	1	3	9	7	6	8	5
6	8	7	1	4	5	9	2	3
3	9	5	8	6	2	4	1	7
1	2	6	9	5	3	7	4	8
4	3	9	7	2	8	1	5	6
5	7	8	6	1	4	2	3	9
7	1	2	5	3	6	8	9	4
9	6	3	4	8	1	5	7	2
8	5	4	2	7	9	3	6	1



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